



Georgia Golden Olympics

Georgia Golden Games, Inc.

March, 2012

2012 Golden Olympics Event-September, 2012

The 2012 Georgia Golden Olympics is scheduled for September 19-22, 2012. The games will be held in Warner Robins, GA and will be hosted by the Warner Robins Recreation Department under the direction of Mr. James Dodson. The 2012 games in Warner Robins are qualifying games for the 2013 National Senior Games scheduled for July 21-August 5, in Cleveland, Ohio. When an athlete places first-fourth in most national events, the athlete qualifies to compete in the National Competition. Golf is the exception which allows only Gold medal winners and those golfers who meet the minimum performance standards to qualify. This is a change from past years where only MPS athletes qualified. This is much better for most states and a rule change we all were pleased to learn.

There are several changes at the Georgia event this year as well. New events have been added at the request of prior participants so hopefully they will be welcomed and will see a good number of participants. The 50M

Run, Hammer Throw, and Wii Bowling have been added. (Javelin is being considered but is not definite at this time.) So plan to start practicing now for these new events. All of these, except Wii Bowling, are National Qualifying events. There will be a limit to the numbers who can participate in Wii Bowling, so if you are interested in the event, please register early to secure your spot,

Registration for the 2012 games will begin in May and will be open until August 1 for the regular registration fee. After August 1 through August 15 registration will be accepted with a late fee. The registration form will be mailed and will be available on the website by May.

www.georgiagoldenolympics.org



Promoting active, healthy lifestyles!

Special points of interest:

- **New events for 2012.**
- **Shoulder pain help.**
- **Make a tax deductible contribution to the Georgia Golden Olympics.**
- **Check out the website.**
- **Promote the 2012 games.**

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Georgia Golden Olympics Celebrates 30 Years

The Georgia Golden Olympics celebrates its 30th year of existence this year. The games began in 1983 and were held at Robins Air Force Base. The games started with 6 events and a one day competition and has evolved to 18 sports, 55 events and spans four days. The games are still held in Warner Robins but are now hosted by the Warner Robins Recreation Department. In 2002 the games moved to city venues after the terrorist attacks of 2001 made it impossible to have the event at the Base. The games have thrived and grow over the years and we have a wonderful host agency in the Recreation Department. The Warner Robins Senior Center plays a huge part in the games and is our primary headquarters during the games. The games would not be a reality without these agencies and their staff.

In 1987 when the National Senior Games (NSGA) were established, the Georgia Golden Olympics became a member and have qualified athletes to each of the games hosted by the NSGA. We also became a non-profit organization in 1987 and are funded through registration fees and contributions by individuals and organizations interested in the health and well being of older adults. Thank you to our friends and contributors who make the games possible.

We look forward to this year and the years ahead as we see older adults become healthier and more physically active.



John and Sally Taylor

UNTREATED SHOULDER PAIN AFFECTS MOBILITY

Is there pain in your shoulder when you reach for something on the top shelf of the cabinet? Does pain wake you when you sleep on your side? Has your shoulder “stiffened” so that you don’t have the same range of motion you used to have?

If your answer is “yes” to any of these questions, you should see a physician to find out what is causing your pain. Although shoulder surgery is a treatment option for shoulder conditions, it is often only recommended after all other nonsurgical treatments have been tried.

“I see plenty of sports-related injuries to the shoulder, often as a result of repetitive motions related to the sport, or work-related injuries when the person’s job requires a repetitive motion that affects the shoulder,” says **Augustine Conduah, M.D.**, an orthopedic surgeon. When the shoulder first becomes painful, many people will limit the use of the arm and shoulder, increasing the stiffness of the joint and limiting motion.

Know Your Options

To reduce the risk of developing a stiff shoulder or of further injuring your shoulder, follow these suggestions:

If the shoulder pain is not severe, is not accompanied by weakness in the arm and is not the result of a direct trauma to the shoulder, it is safe to treat it at home with over-the-counter anti-inflammatory medication such as ibuprofen or naproxen, ice and rest, says *Chris Harastzi, M.D.*, an orthopedic surgeon.

“If the pain worsens or does not improve in two weeks, see a physician to find out what is causing the pain,” he suggests. In most cases, the initial treatment for a painful shoulder is a combination of anti-inflammatory medications and physical therapy, says *Maurice Jove, M.D.*, an orthopedic surgeon. Oral steroids and/or cortisone injections into the shoulder bursa will likely be used in more severe or chronic shoulder pain to reduce inflammation and pain. He adds, “Return to your treating physician if the pain or function loss persists after several days as you may have a more significant problem.”

“If pain persists after other nonsurgical treatments, arthroscopic surgery to diagnose the underlying problem and treat it is an option,” says *Robert E. Karsch, M.D.*, an orthopedic surgeon. Surgery for shoulder pain is not common if the problem is diagnosed early. “Eighty-five to 90 percent of my shoulder pain patients don’t have surgery,” he adds.

Although you can’t prevent an accidental fall or other trauma to your shoulder, you can take steps to strengthen your shoulders to prevent injury, says *Jeff Traub, M.D.*, an orthopedic surgeon. The rotator cuff is comprised of four small muscles that keep the ball and socket of the shoulder joint moving properly. “Keeping the rotator cuff strong will reduce the risk of shoulder injury due to repetitive motions,” he explains. Exercises using weights and specific motions to work the smaller muscles in the shoulder should be used in addition to activities that strengthen larger muscles in the arms.

-Sheryl Jackson



DeKalb Medical
Joint Solutions Center



2011 Warner Robins Christmas Parade

We're on the web!

georigagoldenolympics.org



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Help Promote the Georgia Golden Olympics

Every year we hear athletes say: “I did not know about the games until this year or I found out about the games just by chance.” We send out forms to all recreation departments in the state, do articles, newsletters, radio programs and have a website to promote the games. But, we do not get to everyone. Please help us to promote the games in your local area. The website has a media kit with a press release and flyers that can be used for this purpose. We need your help so please tell everyone you know about the games.

BRAG Upcoming Cycling Events

Spring Tune-Up: Madison, GA, April 20-22, 2012

Bicycle Ride Across Georgia: June 2-9, 2012

Georgia BikeFest: Columbus, GA, October 12-14, 2012

For more information: www.brag.org or call (770) 498-5153

Make a tax deductible contribution to the Georgia Golden Olympics. The games are funded by contribution from friends and supporters, so please make your contribution today.

Registration forms will be mailed by May 1 and will be on the website by the same date. Print your form from the website and send to the address listed on the form. Please share the registration information with friends and family and join us at the 2012 games.